

## ABSTRACT

Products, including nutritional products, dietary supplements and formulas, that contain long chain polyunsaturated fatty acids (LCPs or LC-PUFAs), specifically n-3 LCPs like DHA. Also a methods of using such products to control appetite and help treat and/or prevent obesity and conditions of overweight, especially in a pediatric population. Dietary DHA can act centrally as an antagonist of the CB<sub>1</sub> receptor in the brain in opposition to the endocannabinoids that increase food intake. This is particularly advantageous when DHA is fed during periods of rapid brain growth such as infancy, childhood and adolescence.